



Living Healthy,  
Working Well

# Wellness Tips

## Eat Healthy, Live Healthy, Lose Weight

Losing weight sensibly and safely takes an all-around approach. This includes setting reasonable weight-loss goals, changing eating habits, and exercise. A lifestyle based on healthy eating and regular physical activity can help you look better, feel better and have more energy.

### ***Why Lose Weight?***

The more overweight you are, the more likely you are to have health problems. These problems include diabetes, heart disease, high blood pressure, high cholesterol levels, osteoarthritis and sleep apnea. If you are overweight, setting a reasonable goal of losing as little as 5 to 10 percent of your body weight may improve many of the physical problems linked to being overweight. You may want to refer to a standardized weight/height table used by insurance companies. Emotionally, losing weight may boost your self-esteem. This benefits both your mental and physical health.

### ***Develop a Good Eating Plan***

Once a realistic weight goal has been set, devise an eating plan based on moderation, variety and balance. Be sure to drink plenty of water — your body will need more water, especially when you exercise. Also, avoid caffeine when possible.

*A good eating plan includes—*

- Moderation – Don't eat too much or too little of a particular food or nutrient.
- Variety – Eat a wide range of foods from each of the five basic food groups.
- Balance – This is achieved by following moderation and variety, as well as balancing the calories consumed versus calories spent.

*A word of caution—* Just because something is fat-free or low-fat does not mean you can eat as much as you want. Many low-fat or nonfat foods are also high in calories. Be sure to check the Nutrition Facts panel on the food package.

### ***Exercise – Every Little Bit Helps***

Don't forget to include exercise in your weight-loss plan. In order to lose weight, the number of calories burned should be greater than the number of calories consumed. Regular exercise is not only important for losing or maintaining weight, but for your overall health as well.

Make time in your day for some form of physical activity. Physical activity burns calories and promotes the loss of body fat. Aerobic activity can help make your heart stronger and more efficient.

### ***Change Your Habits to Lose Weight***

Developing lifelong healthy habits is easy. Maintaining a healthy weight will help you feel great! Keeping these tips in mind will help you reach weight loss success:

- Set realistic goals
- Curb high calorie intake
- Boost your physical activity
- Shrink your servings
- Think healthy, not just skinny

*Information adapted from the Federal Consumer Information Center*

## Getting Help

If you would like help finding appropriate resources on losing weight safely and effectively, you can call your Magellan program toll-free number. If you don't have the Magellan program, check your employee benefits or with your local human services agency to see what services are available. You can also talk with someone you can trust, such as a doctor or nurse, local mental health professional or member of the clergy.

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